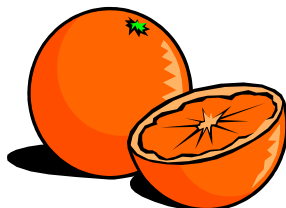


Cranberry Orange Relish

1 navel orange
1 (12-oz) bag of fresh cranberries
½ cup sugar
1/8 tsp cinnamon



Finely grate 2 teaspoons zest from orange. Cut away and discard peel and pith from orange, then cut the sections free from membranes. Pulse cranberries with zest, orange sections, sugar, and cinnamon in a food processor until finely chopped. Chill, covered, at least 2 hours to allow flavors to develop.

*Relish can be chilled for up to three days prior to serving.

Serving Size: ¼ cup

Nutrition Information: 100 Kcal, 0.4 g Protein, 27 g Carbohydrate, 0 g Total Fat

Maple Syrup Glazed Parsnips and Carrots

Serves 4-5

1 medium parsnip
4 medium carrots
Vegetable cooking spray
2 tsp water
3 Tbsp Maple Syrup (more or less to taste)



Preheat the oven to 400 F. Peel the parsnips and carrots. Cut the carrots and parsnips to a uniform size (~ 2 inches). Steam the parsnips on the stove top or in a steamer for ten minutes, add the carrots at 5 minutes (carefully as to not burn yourself). Lightly spray a glass-baking dish large enough to hold all of the vegetables without overlapping. Arrange the vegetables in a baking dish, add the water and drizzle evenly with the maple syrup. Place in the oven and cook until all of the water has evaporated and the vegetables are tender.

Serving Size: 1/3 cup

Nutrition Information: 200 Kcal, 0.3 g Protein, 53 g Carbohydrate, 0 g Total Fat